**ICE Journal Entries and Note Taking Template Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Web Site:** [**www.ihaveaplaniowa.gov**](http://www.ihaveaplaniowa.gov)

**Username:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ @iowaid

Password: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This Template is to be used to keep track of your ICE journal. Please write all answers (or simply finish the ones that have been started) in complete sentences (correct spelling, capitalization, grammar, and punctuation).

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| **Interest Profiler (Learn About Yourself Tab)**   1. What were your work interest areas (2-3 only)?   *My top work interest areas are*   1. Describe these two work interest areas in your own words. (Do not include characteristics that are not like you.) 2. Choose 3 careers that match your interests that you are interested in exploring. (Go to: “check out careers matching your interests”.) 3. What were your impressions of the results of the activity? (Be specific and tell why.) |

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| **Work Values Sorter (Learn About Yourself Tab)**   1. What were your top work values (2-3 only)?   My top work values are   1. What were your impressions of the results of the activity? (Be specific and tell why.) |

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| **Basic Skills Survey (Learn About Yourself Tab)**   1. What were your impressions of the results of the activity? (Be specific and tell why.)   I found that the skills that I am the best at are |

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| **Transferrable Skills Checklist (Learn About Yourself Tab)**   1. What were your impressions of the results of the activity? (Be specific and tell why.)   In order to attain a career in the future, I will need to work on skills such as: |

Journal Entries based on the 3 Careers you have chosen to explore based on your Interest Profiler Remember that you will have to pull up your previous Interest Profiler to access this information. (This information MUST come from the ihaveaplaniowa.gov website). Do not make the information up! You will do it correctly! Each of the following information can be found in order. The **tabs** on the **left hand side** of the web page for the careers will guide you.

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| **Career Choice #1**   1. What is the career? 2. Description of the career (complete sentence)- 3. Work Values (How do these compare to your Work Values? Work Values are the second tab down!)- 4. What skills do you need to have for this job?- 5. Education (What degree do you need to attain? Or, what type of certification do you need?)- 6. Average Salary (in dollars)(Money and Outlook)- 7. How many job openings will there be in Iowa in the future? (Money and Outlook)- |

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| **Career Choice #2**   1. What is the career? 2. Description of the career (complete sentence)- 3. Work Values (How do these compare to your Work Values? Work Values are the second tab down!)- 4. What skills do you need to have for this job?- 5. Education (What degree do you need to attain? Or, what type of certification do you need?)- 6. Average Salary (in dollars)(Money and Outlook)- 7. How many job openings will there be in Iowa in the future? (Money and Outlook)- |

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| **Career Choice #3**   1. What is the career? 2. Description of the career (complete sentence)- 3. Work Values (How do these compare to your Work Values? Work Values are the second tab down!)- 4. What skills do you need to have for this job?- 5. Education (What degree do you need to attain? Or, what type of certification do you need?)- 6. Average Salary (in dollars)(Money and Outlook)- 7. How many job openings will there be in Iowa in the future? (Money and Outlook)- |

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| **Career/Life Plan**  *What does your life look like 10-15 years from now?*   1. Describe your career? 2. How did you get your career? 3. Where did you go to school? 4. What additional training or licenses do you have? 5. How much money do you make? 6. Where do you live (city, state)? 7. What does your family life look like? 8. Why is this good life plan for you? |

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| **Additional Research**  *Choose a web site of your choice. Some examples are:* [*www.marines.com*](http://www.marines.com) *,* [*www.dmacc.edu*](http://www.dmacc.edu) *,* [*www.iastate.edu*](http://www.iastate.edu)*,* [*www.uiowa.edu*](http://www.uiowa.edu) *,* [*www.jobcorps.gov*](http://www.jobcorps.gov) *,* [*www.iowaworkforce.org*](http://www.iowaworkforce.org) *, etc.. You could also apply for a job online, as long as you answer the questions in this section and print up proof that you completed this application during the time you have been registered for this class. Check with Michelle or Gene to be sure the web site that you want is ok.*  A. What is the Web Site that you chose?  B. What sections are in the web site that you have chosen? What is in each section?  C. What are the important things in the web site?  D. Why did you choose this web site? (I don’t know and just because are not good answers to this question.) |

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| **What I learned about myself** by doing these activities!  A. What did you learn about your career interests?  B. Did you learn anything you did not already know?  C. What is your next step in the process? (College exploration, explore apprentice programs, etc.) |